

METABOLIC RESET

A TIME TO RENEW

WEEKEND
APR 3RD - 6TH

NO DEAD
DUFF

METABOLIC RESET

A TIME TO RENEW



Spring is the ideal season to cleanse and reset.

According to Chinese medicine, this is the moment to support the liver and metabolism, allowing the body to heal, detox, and restore balance naturally.

Whether you're looking for a full cleanse or simply practical knowledge to integrate into daily life, this is an opportunity to reset, recharge, and realign.

FULL PROGRAM

METABOLIC RESET ——— HIGHLIGHTED ACTIVITIES



YOGA MASTERCLASS: BALANCING ASANAS with Arun

Learn and understand the difference between a crow (kakasana) and crane (bakasana). The class can be accommodated for all levels of practitioners.

APR 24TH
09:00HRS @SHALA

ENDOCRINE CORRELATION: HOW THE GLANDS TALK TO EACH OTHER

Discover how hormones interact to regulate growth, metabolism, and mood, creating balance within the body.

APR 24TH
18:00HRS @GRATITUDE TENT



Please check with our Journey Designers
for details and pricing +52 1 984 114 0805

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CIRCADIAN RHYTHMS ACTIVATION With Lola & Garrett

Align with nature's rhythm and reset your internal clock with movement, sunlight, and grounding. This session supports circulation, tension release, and overall balance. For best results, wear a bathing suit or light clothing.

APR 25TH
07:00HRS @BEACH

CULINARY WISDOM FOR HORMONAL BALANCE with Gaia Bidin

Learn how local, nutrient-rich ingredients can support well-being through mindful cooking and eating. Led by Gaia Bidin, Health Coach in Holistic Nutrition specializing in Hormonal Health.

APR 25TH
18:00HRS @GRATITUDE TENT



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LYMPHATIC FLOW: A PARTNER MASSAGE WORKSHOP

Learn gentle techniques to support the lymphatic system, enhance circulation, and promote relaxation. Perfect for couples or friends looking to unwind together.

APR 26TH
18:00HRS @GRATITUDE TENT

BIOFIELD MAGNETS SOUNDBATH with Arlette & Chris

Experience biomagnetism combined with live Himalayan sounds to support balance, release tension, and promote well-being through targeted magnetic application.

APR 27TH
18:00HRS @GRATITUDE TENT



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FAMILY SUNDAY'S: KIDS

Come celebrate Kids' Day at Nômade! Enjoy local community vibes, beach games, live music, samba de coco, and exciting surprises. A perfect day of fun for the whole family!

APR 27TH
13:00-20:00HRS @LA POPULAR

ICE BATH

Cold therapy with our copper ice bath promotes muscle recovery, improves circulation, and enhances mood. Led by experts, they focus on breath control and resilience, optimizing recovery and performance for athletes and wellness enthusiasts.

EVERY SATURDAY
13:30HRS @SHALA
WEEKLY CLASS*



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